

## FOODS TO ENJOY

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✓ **SEEDS**

(chia, flax, sunflower, pumpkin, hemp)

✓ **ORGAN MEATS & LIVERWURST**

✓ **ORGANIC GRASS-FED BEEF, BUFFALO, LAMB**

✓ **ORGANIC PASTURE-RAISED CHICKEN, PORK, TURKEY, EGGS**

✓ **WILD CAUGHT FISH**

✓ **SAUERKRAUT**

✓ **VEGETABLES**

*(besides starchy vegetables: acorn squash, butternut squash, beets, carrots, potatoes, cassava)*

Arugula, asparagus, bok choy, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, eggplant, green beans, kale, leeks, lettuce, all leafy greens, mushrooms, onions, whole peas, peppers, radishes, spaghetti squash, spinach, tomatoes, yellow squash, zucchini squash

✓ **UNSWEETENED COCONUT / COCONUT FLAKES**

✓ **MUSHROOMS**

(reishi, turkey trail, chaga, cordyceps, shiitake, lions mane, maitake)

✓ **AVOCADOS & AVOCADO OIL**

✓ **EXTRA-VIRGIN OLIVE & COCONUT OIL**

✓ **ONLY SWEETENERS THAT HAVE NO BLOOD SUGAR IMPACT**

(stevia, birch xylitol, erythritol, monk fruit)

✓ **LEMONS & LIMES**

✓ **NUTS**

(besides pistachios)

✓ **GOAT MILK, GOAT & SHEEP CHEESE**

(manchego, hard and soft goat cheeses)

✓ **UNFLAVORED COLLAGEN / BEEF GELATIN**

✓ **APPLE CIDER VINEGAR (ACV) AND ALOE VERA JUICE**

✓ **BONE BROTH PROTEIN POWDER**

(The Wellness Way brand bone broth powder, all 3 flavors)

